

Dan Shen (*Salvia miltiorrhiza*)

Common Names: Red root sage, tan shen and cinnabar root.

Location: This herb can be found in Mongolia and Manchuria.

Description: The root of the dan shen herb is used medicinally.

Properties: This herb can be used to improve the condition of the heart by making it stronger and regular.

Uses: Dan shen can be used to help treat angina, stroke, atherosclerosis, chronic fatigue syndrome, menstrual problems, fibroids, liver damage and hepatitis.

Doses: This herb is available as a tincture or a tea.

Warnings: Do not take this herb for more than twenty-eight days at a time, followed by a four-week break. If you are experiencing an estrogen-sensitive disorder, taking warfarin, aspirin or non-steroidal anti-inflammatory drug you should not take this herb. Tell your doctor or dentist prior to surgery if you are currently taking this herb

Red Sage (Dan Shen) Root Profile

Also known as

Salvia miltiorrhiza, red-rooted sage, salvia root, dan shen.

Introduction

Red Sage is an herbaceous perennial native to China. The "red" part of its name comes from the red color of the roots; the flowers themselves are large, fragrant clusters of purple or violet. Red Sage has been used for increasing circulation of the blood and for its antibacterial and anti-inflammatory properties. It has also been used for treating acne, psoriasis, eczema and other skin diseases.

Constituents

Tanshinones I, IIA, IIB, V and VI, isotanshinones I and II, cryptotanshinone, isocryptotanshinone, dihydrotanshinone, hydroxytanshinone IIA and methyltanshinonate, tanshinol I and tanshinol II, tanshindiols A, B and C, nortanshinone and 3-?-hydroxytanshinone IIA, miltirone, Ro-090680, salvinone, salvianolic acids A and B, rosmarinic acid, danshensu, protocatchuic aldehyde, protocatchuic acid, oleanolic acid, feruginol, dehydromiltirone, ?-sitosterol, and vitamin E.

Parts Used

Dried root

Typical Preparations

Typically used as either a tea or a liquid extract.

Summary

Red Sage has been employed in traditional Chinese medicine for centuries. Also known as dan shen, it has traditionally been used to help with blood circulation, irregular menstrual periods, menstrual pain, amenorrhea, metrorrhagia, leukorrhagia, abdominal masses, abdominal pain, and insomnia due to palpitations and tight chest, as well as other ailments.

Precautions

Use of tincture made from Red Sage may cause severe itching, stomachache, or reduced appetite. Consult your physician before using Red Sage if you are taking warfarin, as red sage may enhance the effects.